

# City Times

City of Lawton Employee Newsletter



## City News Highlights

*From January 2022*

### Redistricting Commission Ratifies New Ward Map

The Lawton Redistricting Commission has ratified a new ward map for the City of Lawton. The new ward boundaries will not affect 86 percent of residents. [Read More](#)

### Library Honors Black History Month

In celebration of Black History Month, the library has created a black local legends handout. The library has previously created 12 other local legends bookmarks. This is a continuation of the library's efforts to promote community history. [Read More](#)

### City of Lawton to Upgrade Utility Billing Software

The City of Lawton continues its digital transformation process with the implementation of Tyler Technologies' Munis Utility Billing CSS in partnership with Liberty National Bank. This implementation will revolutionize the city's Utility Services Division and how citizens will receive and pay their utility bill. The implementation is tentatively scheduled to go live March 21, 2022. [Read More](#)

## Upcoming Events

[View ongoing Library events](#)

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**March 14-19** - [Veterans Expressions](#)

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**March 25** - [Bellamy Brothers Concert](#)

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**April 30** - Trash Off  
(More information available soon!)

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**[COL EVENTS PAGE](#)**



# Staff Updates/Highlights

From January 2022



## Joe Don Dunham Named Finance Director

Dunham comes to the City of Lawton with 30 years of service in municipal government under his belt. He recently served as the City Manager for the City of Guymon. [Read More](#)



## Susan Schlecht Receives Designation

City of Lawton employee Susan Schlecht has earned the Certified Government Financial Manager (CGFM) designation. The CGFM certification is overseen by the Association of Government Accountants (AGA). [Read More](#)



## Jared Williams Named Fire Chief

Williams joined the Lawton Fire Department in 2000 after serving the Elgin Fire Department alongside his father. [Read More](#)

# Human Resources Corner

For questions, contact the HR office at 580-581-3392.

## January 2022 Health Improvement Newsletter

[Newsletter English Version](#)

[Newsletter Spanish Version](#)

### Reducing Your Stress During American Heart Month

According to the Centers for Disease Control and Prevention (CDC), heart disease is the leading cause of death in the United States. In fact, half of all Americans are currently considered "at risk" for heart disease, and that figure continues to rise. Due to the prevalence of the disease, February is recognized as American Heart Month to raise awareness about heart disease and prevention. To celebrate, you can focus on dialing down your stress level.

#### Stress and Heart Health

While there are risk factors that contribute to heart disease that you can't control, there are many things you can do to maintain your heart health. One of those things is to reduce your stress. Having too much stress for too long is bad for your heart.

**Chronic stress may lead to high blood pressure, which can increase your risk for heart attack and stroke.**



Some people may handle their stress with poor health behaviors—such as smoking, eating unhealthy foods and drinking alcohol. Such behaviors can put you at an increased risk for heart disease and stroke.

### Take Charge of Your Stress

Managing stress is good for your health and well-being. Taking steps to reduce your stress will improve your overall health. Try these tips:

- **Simplify your schedule.** If you're feeling rushed or too busy, prioritize essential items on your calendar and to-do lists.
- **Practice relaxation techniques.** Try listening to relaxing music to help you calm down or look into stress management or relaxation classes.
- **Get enough sleep.** Adults should strive for seven to nine hours of quality sleep each night.
- **Exercise regularly.** Movement can get your blood and endorphins flowing, relieving stress, tension, anxiety and depression.
- **Maintain social connections.** It's important to make time for friends and family and talk with people you trust.

If the stresses in your life become more than you can bear or manage with these techniques, consider seeking professional assistance.

# COVID-19 Updates & Resources

[Information from the Oklahoma State Department of Health](#)

[City of Lawton COVID-19 Update, 1-6-2022](#)

[Vaccine Registration Portal](#)

[COVID-19 Vaccine Information](#)

[COVID-19 Booster Information](#)